

Heat Index (Apparent Temperature) Chart

The **Heat Index** (HI) is the temperature the body feels when heat and humidity are combined. The chart below shows the HI that corresponds to the actual air temperature and relative humidity. (NOTE: This chart is based upon shady, light wind conditions. **Exposure to direct sunlight can increase the HI by up to 15°F.**) (Due to the nature of the heat index calculation, the values in the tables below have an error of +/- 1.3F.)

Heat Index		General Effect of Heat Index on People in Higher Risk Groups																		
80 to 89° - Caution		Fatigue possible with prolonged exposure and/or physical activity.																		
90 to 104° - Extreme Caution		Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.																		
105 to 129° - Danger		Sunstroke, heat cramps or heat exhaustion likely, and heatstroke possible with prolonged exposure and/or physical activity.																		
130° or higher - Extreme Danger		Heat/sunstroke highly likely with continued exposure.																		

		Relative Humidity (in percent)																				
		0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Air Temp (in F)	140	125																				
	135	120	128																			
	130	117	122	131																		
	125	111	116	123	131	141																
	120	107	111	116	123	130	139	148														
	115	103	107	111	115	120	127	135	143	151												
	110	99	102	105	108	112	117	123	130	137	143	150										
	105	95	97	100	102	105	109	113	118	123	129	135	142	149								
	100	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
	95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
	90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
	85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
	80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
	75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
	70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	72	

		Dew Point (in F)																									
		60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85
Air Temp (in F)	104	110	110	110	110	110	110	111	112	113	114	115	116	117	118	119	121	122	124	125	127	128	130	132	133	136	137
	102	108	108	108	108	108	109	110	110	111	112	113	114	116	117	118	119	121	122	124	126	127	129	131	133	136	
	100	106	106	106	106	106	106	107	108	109	110	111	112	113	114	115	117	118	119	121	123	124	126	128	129	132	
	98	103	103	103	103	103	104	105	105	106	107	108	109	110	111	113	114	115	117	118	120	121	123	125	127	129	
	96	101	101	101	101	101	101	102	103	104	105	106	107	108	109	110	111	112	114	115	117	118	120	122	124	127	
	94	98	98	98	98	98	99	100	100	101	102	103	104	105	106	107	108	109	111	112	114	115	117	119	122	124	
	92	96	96	96	96	96	97	97	98	99	99	100	101	102	103	104	105	106	108	109	110	112	114	116	119	121	
	90	94	94	94	94	94	94	95	95	96	97	98	98	99	100	101	102	103	105	106	107	109	110	113	116	117	
	88	88	88	89	89	90	90	91	92	93	94	95	96	97	98	99	100	101	103	104	106	108	110	112	114	116	
	86	86	87	87	87	88	88	89	89	90	91	92	93	94	95	96	97	98	99	100	101	102	104	106	108	110	
	84	84	84	85	85	85	86	86	87	87	88	88	89	90	90	91	92	93	94	95	96	97	98	100	101	103	-
	82	82	83	83	83	83	84	84	85	85	86	86	87	87	88	88	89	89	90	91	92	93	94	95	-	-	-
	80	80	81	81	81	82	82	82	83	83	83	84	84	85	85	85	86	86	87	87	-	-	-	-	-	-	-